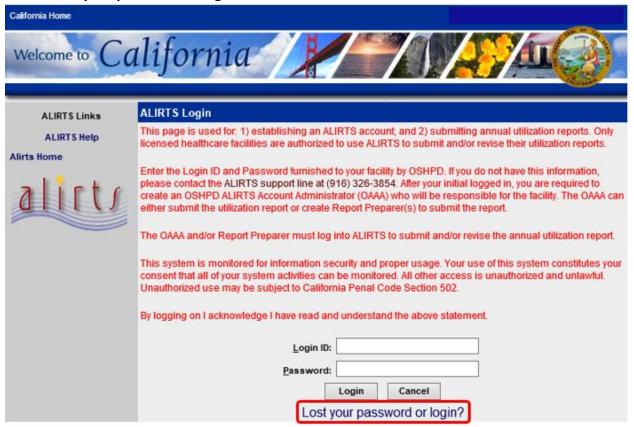# Forgot Your Login and/or Password?

If you forgot your login, follow the steps below to obtain your login information.

1. Go to **"Lost your password or login?"**
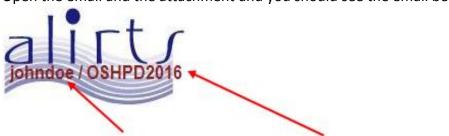

2. Enter the information sent to us when requesting your login on the **"E-Mail"** & **"Last Name"** boxes and then click **"Send"**.

3. After you click **"Send"**, you should see **"Message Sent"** in the bottom left corner

4. You should receive an email from **ALIRTS@OSHPD.CA.GOV**
   a. Open the email and the attachment and you should see the email below

On the left is your **login** and on the right is your **password**